

ADULT ENRICHMENT CLASSES AT THE PILGRIM ENRICHMENT CENTER

SPRING 2016

Stitcher's Workshop

Stitcher's workshop-quilting, knitting and needlework in this multi-technique class students of all levels of expertise are welcome. There will be instruction and/or projects in quilting, knitting, and various types of need. Join us to learn a new skill, start a new project, or finish those "UFO's" (Unfinished Objects!!)



Tuesdays 6:30– 9:00PM

April 12th - June 14th

Fee: \$30.00 per 10 week session

ZUMBA

Ditch the workout, join the party!! ZUMBA is a Latin-inspired, dance fitness class that incorporates Latin & International music and dance movements. You do NOT need to know how to dance to enjoy the class.

ZUMBA is about the music, not the exercise. It's Fun--ZUMBA is exercise in disguise It's Easy -

ZUMBA is designed for everyone - every fitness level and any age. It's great for the mind, body, and soul! Come dance and have some fun!!



Mondays 6:00-7:00PM

April 25th - June 27th

Fee: \$43.00 per 9 week session

No Class May 30th

Tai Chi for Beginners

Taiji (*Tai Chi*) is a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing, and stretching techniques.

Tuesdays 6:00-7:00PM

March 22nd - May 10th

Fee: \$45.00 per 8 week session

May 17th - July 5th

Fee: \$45.00 per 8 week session



Adult Yoga

This class will focus on basic yoga postures, alignment and breath techniques, exploring range of movement. Appropriate for all levels with modifications. Gain greater flexibility and build core strength in this Body-Mind-Spirit oriented class. Come and experience the essence of Yoga!

Wed 6:15-7:30PM

April 13th - June 29th

Fee 12 week session: \$57.00

OR

April 13th - May 18th

Fee 6 week session: \$34.00

May 25th - June 29th

Fee 6 week session: \$34.00



Adult Dance Lessons with TRACY ROSE: Will Return in the Fall



**All information must be complete to register. Signature is required by every participant.
If class is cancelled a make-up class will be added after the last week of your registration date.**

Please send registration and check for payment to address listed on registration form.

Or register at you first class.

For more information: Holly Weber 468-4074 or Holly.m.weber@warwickri.com

Program Registration Form Spring 2016

Please Print all information: Only one person per registration form.

Signature required for each participant

Participant Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

Phone Number: Home: _____ Work: _____ Cell: _____

Email: _____

D.O.B.	Class Names	Class Dates	Fee

Please make checks payable to : **Pilgrim Enrichment Center**
27 Pilgrim Pkwy
Warwick RI 02888
Fax: 468-4091

******ALL PARTICIPANTS MUST SIGN WAIVER******
WAIVER OF LIABILITY Exercise/Walking Programs
CITY OF WARWICK
DEPARTMENT OF HUMAN SERVICES
DIVISION OF SENIOR SERVICES

I, the undersigned, have voluntarily joined the _____ Program at the Pilgrim Senior Enrichment Center, 27 Pilgrim Parkway, Warwick, RI in order to pursue an exercise and fitness program. I recognize that the program requires physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above mentioned program. I represent and warrant that I have no medical condition that would prevent my participation in the program.

I knowingly, voluntarily and expressly waive any claim I may have against the City of Warwick and/or the Pilgrim Senior Center for injury or damages that I may sustain as a result of participating in the program.

I, my heirs or representatives forever release waive, discharge and covenant not to sue the City of Warwick and/or the Pilgrim Senior Center for any injury or death caused by their negligence or other acts.

I have read the above waiver and release of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Signature: _____ **Date:** _____

For more information: Holly Weber 468-4074 Holly.m.weber@warwickri.com
Please send registration and check for payment to address listed. Or register at your first class.